

1Whole wheat biscuitrevised10 1=1grainserv

Number of Servings: 10 (45.17 g per serving)

Amount	Measure	Ingredient
1 2/3	cup	Flour, whole wheat, whole grain
3 1/2	tsp	Baking Powder, double acting
1 1/4	tsp	Cream of Tartar
1 3/4	tsp	Sugar
4 1/4	Tbs	Margarine, soft, safflower oil
2/3	cup	Milk, nonfat/skim, w/add vit A & D

Nutrients per serving

Nutrition Facts			
Serving Size (45g)			
Servings Per Container			
Amount Per Serving			
Calories 110	Calories from Fat 45		
% Daily Value*			
Total Fat 5g	8%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 240mg	10%		
Total Carbohydrate 17g	6%		
Dietary Fiber 2g	8%		
Sugars 1g			
Protein 3g			
Vitamin A 4%	Vitamin C 0%		
Calcium 6%	Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

Mix together flour, baking powder, cream of tartar and sugar. Cut in shortening with pastry blender until mixture resembles coarse crumbs. Add milk all at once. Mix until just moist but still crumbly.

Use level #24 scoop to scoop each biscuit (or #12 scoop divided for 2 biscuits) and place on baking pan sprayed with nonstick spray. Pat down each biscuit to 1/2" thick.

Bake at 400 degrees F for 9 to 12 minutes until lightly browned.

1 biscuit = 1 whole grain serving

1 biscuit = 16 grams carbohydrate = 1 carb serv